

Drowning in Debt?
We Can Help!



W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com

BRAND'S NOT JOKING AROUND

COMEDIAN DEFENDS EX KATY PERRY

BY SCOLDING A HECKLING FAN PAGE 15



HALIFAX

metro

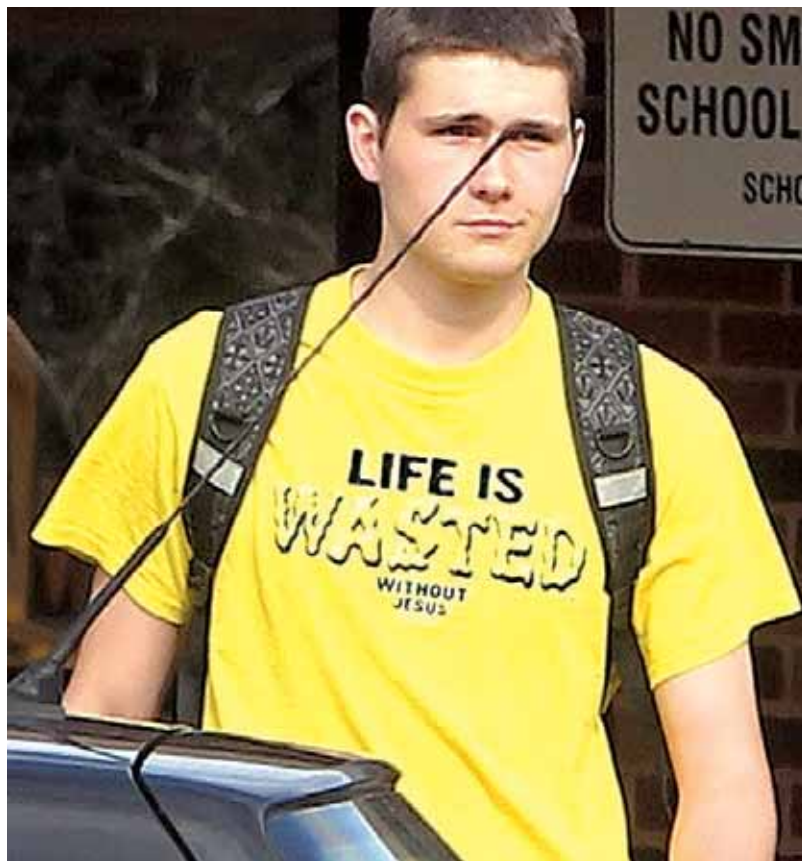
®

Tuesday, May 8, 2012



News
worth
sharing.

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax



PULLED OUT OF SCHOOL

PAGE 3

Wearing his "Life is Wasted Without Jesus" T-shirt, William Swinimer leaves Forest Heights Community School on Monday. John Swinimer pulled his son out of school on Monday, the same day William returned from a five-day suspension for wearing the Jesus T-shirt. MIKE DEMBECK/THE CANADIAN PRESS

Another patient missing from forensic hospital

Amy Elizabeth Ogilvie.
Not heard from since
Friday night, public made
aware late Monday



ALEX
BOUTILIER
alex.boutilier@metronews.ca

Opposition parties are calling on the governing NDP to take immediate action as another patient has failed to return to the East Coast Forensic Hospital.

But Justice Minister Ross Landry said late Monday he is waiting for the review of another incident last month at the Burnside facility before making any changes.

Landry is referring to the case of Andre Noel Denny, a Cape Breton man who failed to return from an unescorted leave from the hospital on April 16 and is now charged with second-degree murder in the killing of Halifax gay



Amy Ogilvie
CONTRIBUTED

rights activist Raymond Tavel.

In this most recent case, Amy Elizabeth Ogilvie, 21, was given a community leave Friday from 7:30

a.m. to 9:30 p.m., but did not return. Halifax Regional Police have requested the public's assistance in locating her.

"It's a concern. It's always a concern when somebody is not getting the health care that they need," Landry said Monday. "These are adults, they've made choices. But public safety is always foremost, while at the same time allowing a patient ... to be able to conform with the system and get the help that they can."

Capital Health announced at 4:40 p.m. Monday that police were looking for Ogilvie.

When asked why the public was not informed about the incident immediately, Landry said there's a 72-hour policy before notification is required. That wasn't enough for his opposition colleagues.

"It's hard to believe that we're just finding out about this today," said Liberal Leader Stephen McNeil. "The public has a right to know."

"My concern is both for the safety of the patient who is at large and for the public. We need to be informed," Tory Leader Jamie Baillie added.

Ogilvie was remanded to the hospital on June 22, 2011, after being found not criminally responsible of an unknown offence. She was granted a high level of community access from the Criminal Code Review Board. She was allowed day passes with some overnights and indirect supervision.

Her last residence was in Kentville.

WITH FILES FROM JENNIFER TAPLIN



Give Mom breakfast in Brunello.

And get a **\$1000 cash** housewarming gift for the first 5 homes sold by June 1st.

Exit # 3 off the 103. Display Centre open Saturday and Sunday, 1 until 5



brunelloestates.com

SOUL.SEEKER.



2012

SOUL

AUTOMATIC. AIR CONDITIONING. POWER WINDOWS.

BUY FOR \$123^{+TAX}/BW

UP TO 50 MPG

LOWEST TOTAL COST OF OWNERSHIP[^]



**MILITARY
BENEFIT**



**FREE
CARNIVAL CRUISE
FOR TWO**

WITH PURCHASE. FEES AND TAXES
EXTRA. SEE DEALER FOR DETAILS.



TEST DRIVE FOR A
CHANCE TO WIN A
\$500 GAS CARD

*Vehicle may not be exactly as shown. Payments are plus tax and OAC. 2012 Kia Soul MSRP \$20,995. 2012 Kia Rio MSRP \$15,650. 2012 Kia Optima MSRP \$23,700. See dealer for full details. [^]See Kelley Blue Book.



O'REGAN'S
DRIVING HIGHER STANDARDS

KIA

DARTMOUTH • 402 WINDMILL ROAD, DARTMOUTH, NS • 466-9550
HALIFAX • 3330 KEMPT ROAD HALIFAX • 453-3477
WWW.OREGANSKIA.COM

Flamingo Drive

Stabbing death deemed homicide

A woman stabbed in a Flamingo Drive residence last month has died, and police are ruling her death a homicide.

Halifax Regional Police reported Monday Norma Jean Salah, 77, passed away in hospital on Saturday. She died as a result of a stab wound she suffered on April 28.

Her nephew, John Jason Salah, 41, was arrested at the scene last month and was charged with attempted murder, aggravated assault and possession of a weapon.

Police say the charges will likely be upgraded to second-degree murder after they've had a chance to consult with the Public Prosecution Service.

A funeral for Norma Jean Salah is scheduled for Wednesday.

JENNIFER TAPLIN/METRO

Truro

Man faces attempted-murder charge

A Truro man is facing an attempted-murder charge related to a stabbing incident in Cole Harbour on Sunday.

Police were called to the parking lot at 900 Cole Harbour Road at 2:26 a.m. Sunday morning. They found a 27-year-old man suffering from a serious but non-life-threatening stab wound. He was whisked away to the hospital.

The suspect left the scene in a vehicle. Police found the vehicle at a house on Phillips Lane in Cole Harbour and arrested Dustin Allison, 20, of Truro.

Chester

Body of man who died in boating accident recovered

RCMP say the body of a Chester man who fell out of a canoe during a fishing trip has been recovered.

Police have identified the man as 41-year-old Timothy Llewellyn.

The man was in a canoe on Spectacle Lake in western Nova Scotia on Saturday when the boat flipped.

An 18-year-old who was also in the canoe was able to swim to shore.

Police say the two were not wearing life-jackets.



William Swinimer and his father John leave Forest Heights Community School in Chester Basin on Monday morning. MIKE DEMBECK/THE CANADIAN PRESS

Dads pulls son from school over T-shirt

Jesus shirt. William Swinimer doesn't speak to media, but his furious father John sounds off

William Swinimer returned to school Monday wearing the same T-shirt that led to his suspension and aroused a debate on religious freedom, but was abruptly pulled from class by his father who said his son would not take part in a discussion on tolerance.

"I walk in love, but today I am angry," John Swinimer said outside Forest Heights Community School in Chester Basin.

"The flower of Christianity can never bloom here."

His 19-year-old son was suspended last week after he refused to abide by a principal's order to stop wearing a bright yellow shirt bearing the message "Life is wasted without Jesus."

He said he wouldn't allow William to participate in discussions about freedom of expression and religious tolerance that provincial Education Department officials were hosting inside the school.

"He will not attend this school unless they are having reading, writing and arithmetic — good, old-fashioned academics," Swinimer said, waving a copy of the New Testament.

"When they're having forums, when they're having other extra-curricular activities, he will not attend

that school."

Nancy Pynch-Worthylake, the superintendent for the South Shore Regional School Board, said it was unfortunate the Grade 12 student was yanked from school.

"We're very disappointed that William is not here to work with the other students and the facilitators that we have today so that we can move forward," Pynch-Worthylake said.

"We've been trying to reach out to him since last week and during the weekend, so that's a big disappointment to us."

She said it was vital for the school to move past the controversy, which has triggered debate and attracted attention across the country.

Sitting in his father's car,

'No life is wasted'

Riley Gibb-Smith, a 15-year-old Australian exchange student who wore a white T-shirt that said "No life is wasted," said Swinimer sometimes tried to evangelize students, even after they told him they weren't interested in converting to his brand of Christianity.

the young man rolled down the window to tell reporters he had no comment.

Katelyn Hiltz, the student council vice-president, said it was frustrating to see the board come under criticism.

"It's hurt our school so much," she said in an interview.

Tall ships. Fleet departs for Halifax Harbour

A fleet of tall ships is on its way, led by a familiar tugboat.

The 2012 Tall Ships Atlantic Challenge departed Monday from Savannah, Ga., on the first of four legs of the journey. Halifax Harbour is the finishing line.

Smiling vessel Theodore Tugboat, currently on an ambassadorial visit to the United

States, led the ships to the starting line on Monday.

They will sail into Halifax for the festival July 19-23. From there, they'll stop at several Nova Scotia ports from July 24 to 29. Waterfront Development will announce on May 17 a list of all the ships that will be in Halifax and the Nova Scotia ports they'll visit.



Theodore Tugboat at the 2009 Tall Ships festival in Halifax. RYAN TAPLIN/METRO

1

NEWS

On the web

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

More bite in the kitchen

Saucy sisters and authors of the Bite Me cookbook have taken their fun and easy cooking style to paperback once again. Julie Albert and Lisa Nant have collaborated on Bite Me Too, a cookbook peppered with humour, trivia, pop-culture references and user-friendly recipes. Read more at metronews.ca

Mobile news



After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

HMCS Charlottetown makes presence felt in Gulf of Aden

Navy. Halifax-based warship intercepts drug shipment, with hundreds of pounds of hashish seized



PHILIP CROUCHER
philip.croucher@metronews.ca

HMCS Charlottetown is getting right into the thick of things in its new counter-terrorism operation.

The Halifax-based warship intercepted an illicit drug shipment in the Gulf of Aden on Saturday, resulting in the seizure of eight packages with a total of 600 pounds of hashish.

"We're off and running," HMCS Charlottetown Cmdr. Wade Carter said in a phone interview Monday. "This month and next month is particularly busy, so there are lots of targets to pursue over here."

After wrapping up a three-month NATO-led operation in the Mediterranean Sea, the Charlottetown arrived in the Gulf of Aden last week. The ship is now working with a 26-nation counter-narcotics task force in the gulf, which is on the west side of the Arabian Sea, north of Somalia.

Out of their hands

HMCS Charlottetown Cmdr. Wade Carter said intercepting drug shipments like the one over the weekend keeps money out of the hands of terrorist organizations. "The profits go back to supporting terrorism, they go back in the hands of people like the Taliban," he said. "They grow this stuff in Pakistan and Afghanistan and then they ship it to other parts of the world. So the profits go back to them and they buy guns with it."



Drugs seized from an illegal shipment. ROYAL CANADIAN NAVY

On Saturday the Charlottetown and its CH-124 Sea King helicopter intercepted two small ships exchanging cargo.

The Charlottetown pursued the faster of the two vessels and witnessed the crew dumping the drugs into the water.

"I think we recovered about half of (the drugs). The



HMCS Charlottetown's boarding party team conduct a search of a suspect Dhow while its Sea King helicopter provides cover, in the Gulf of Aden on Saturday.
LT(N) DARREN PUTTOCK/CANADIAN NAVY

other half sank. Then we kept some for evidence and destroyed the remainder on (Sunday)," Carter said.

He noted the operation was low in terms of danger to Charlottetown crew members. No weapons were fired.

"It's interesting over here. There's quite a lot of this

trafficking around this area especially this time of year, but they're not belligerent," Carter said. "They're locals, they almost look like fishermen, to be honest, from these nations. And they're transporting these cargos illicitly. As soon as you arrive with a warship, you outgun

them so heavily, they basically give up."

Carter didn't know for sure but guessed he and his crew of about 250 will remain in the Gulf of Aden into the summer months, with a possible return to Halifax in late August or early September.

He also noted crew morale is very high, especially after making this drug seizure so early into a new operation.

"It was a magnificent piece of teamwork really," he said. "It was an all-ship, an all-aircraft, and all-intelligence information operation."

Government would absorb gambling agency if proposed changes proceed



Dave Wilson METRO

The Crown corporation responsible for managing gambling in Nova Scotia would be folded into a government department under proposed changes to the Gaming Control Act.

David Wilson, the communities, culture and heritage minister, says the Nova Scotia Gaming Corp. will become a division within his department as promised in the government's gambling strategy released last year.

New corporation

The new corporation is expected to be in place by early summer.

Wilson says the change will give the government better oversight of the corporation's activities and could result in some savings, although he couldn't give a precise figure.

Renamed the Nova Scotia Provincial Lotteries and Casino Corp., the body would have a new board composed of senior deputy ministers from government departments such as health and finance.

Wilson says he doesn't foresee cutting all of the 17 workers currently employed by the corporation, but adds the government will look for further savings as it reorganizes its structure. **THE CANADIAN PRESS**

Bill. Plan to allow texts about bullying still intact

The provincial government will move ahead as planned with changes to the Consumer Protection Act, despite opposition and industry concerns.

At issue is the provision in the act to allow the government the power to send anti-cyberbullying messages to mobile customers.

Opposition parties warned the provision would open up the door to government-approved messaging beamed

directly to cellphones. The government pointed out that the legislation is worded in such a way as to only provide the message at the beginning of the contract, and the messaging is limited to responsible cellphone use with regard to cyber-bullying.

METRO



For more local news visit metronews.ca/halifax

Reckless driving

Man carried pellet gun in stolen car, police say

Police are accusing a 26-year-old man of carrying a pellet gun while recklessly driving a stolen vehicle through the Halifax area Sunday night.

Police say they responded to a call alerting them to a

stolen car in the Kennedy Drive area of Dartmouth around 7 p.m. The car was spotted but it sped off and was later involved in a crash at the Five Corners intersection in Halifax. No one was injured, but the car sped off again. Police cruisers were used to box in the car at West Street. A 26-year-old from Dartmouth was scheduled to appear in Dartmouth provincial court on Monday.

THE CANADIAN PRESS

RCMP

Fatal crash probed

The RCMP are still trying to determine what caused a fatal crash in Creignish. The single-vehicle crash happened on Highway 19 in the Inverness County community on Saturday afternoon. Donnie William Doucet, 37, was pronounced dead at the scene. **METRO**

Witnessed

Man charged for break-and-enters

Police have laid charges in relation to several break-and-enters in Dartmouth and Cole Harbour.

Shortly before midnight Saturday, police were called to a break-in on Windmill Road. Two witnesses told police they heard some noise

and saw the man leaving.

The witnesses provided descriptions to police, which led investigators to make an arrest, but police discovered there were links to four other break-and-enters on Cole Harbour Road, Windmill Road and Wyse Road. Police say James Stanley Hewitt, 43, of Dartmouth is facing five charges of break-and-enter and another count of possessing break-and-enter tools. **JENNIFER TAPLIN/METRO**

Taken to hospital

Eight injured when truck rolls

Eight people were transported to hospital after the truck they were travelling in rolled over an embankment.

All occupants, aged 18 to 20, were treated for minor injuries and released.

TRURO DAILY

NO GIMMICKS *Just Great* DEALS!

2012 FORD FOCUS SEL HATCHBACK



\$20,900*
\$154BW 96 MONTHS
ALL TAXES & FEES INCL.

INCLUDES 2YR/40,000KM FORD MAINTENANCE PLAN.

2012 FORD FOCUS SEL



\$20,900*
\$154BW 96 MONTHS
ALL TAXES & FEES INCL.

INCLUDES 2YR/40,000KM FORD MAINTENANCE PLAN.

2011 FORD ESCAPE LIMITED 4x4



\$24,888*
\$199BW 84 MONTHS
ALL TAXES & FEES INCL.

INCLUDES 2YR/40,000KM FORD MAINTENANCE PLAN.

2011 FORD FUSION SEL AWD



\$22,900*
\$185BW 96 MONTHS
ALL TAXES & FEES INCL.

INCLUDES 2YR/40,000KM FORD MAINTENANCE PLAN.

2011 FORD FUSION SEL



\$20,900*
\$169BW 84 MONTHS
ALL TAXES & FEES INCL.

INCLUDES 2YR/40,000KM FORD MAINTENANCE PLAN.

2012 FORD MUSTANG GT



\$29,900*
\$219BW 84 MONTHS
ALL TAXES & FEES INCL.

INCLUDES 2YR/40,000KM FORD MAINTENANCE PLAN.

2010 CHEVROLET SILVERADO 1500 LT Extended Cab 4x4



\$25,900*
\$199BW 84 MONTHS
ALL TAXES & FEES INCL.

2007 BUICK ALLURE CXL



\$10,900*
\$115BW 60 MONTHS
ALL TAXES & FEES INCL.

2010 LINCOLN TOWN CAR Signature Limited



\$27,900*
\$219BW 84 MONTHS
ALL TAXES & FEES INCL.

2009 FORD F150 XLT Super Cab 4x4



\$21,900*
\$175BW 84 MONTHS
ALL TAXES & FEES INCL.



3773 Windsor Street, Halifax, NS
PH: 982-3808 TF: 1-888-418-1090
www.steelefordused.com
*plus applicable taxes and fees

Steele
FORD LINCOLN





The very model of a modern ocean liner

Dan Conlin, curator of maritime history, talks about the 106-year-old, six-metre-long model at the Maritime Museum of the Atlantic on Monday. It started life as a model of RMS Lusitania, but after the liner was torpedoed by a German U-boat in 1915, the model was made to look like her sister ship, RMS Mauritania. The model, on a five-year loan from the City of Toronto, will be unveiled on Tuesday at 7:30 p.m. JENNIFER TAPLIN/METRO

Wildlife. Kids on high alert for coyotes

Recent coyote sightings have staff and students at a Sydney-area school on guard.

Jeannie Stone, principal of Mountainview Elementary School, said it's been an anxious time at the school, located in Howie Centre and backed by heavy woodland. "The kids haven't seen them (at school) but we hear sounds coming

from the woods," she said.

Stone said the children are taught what to do if they come into contact with wildlife.

That's what happened on April 28 when a group of six children could hear the howls of coyotes around them.

They quickly took off running down an old logging road to their homes.

"One of the children threw a rock, hit a tree close by the animals, but it didn't seem to deter them," said Andy Pyke, a wildlife technician with the Department of Natural Resources. He said the animals continued to follow the boys, coming within five metres of them before the children escaped to the closest backyard. CAPE BRETON POST

NDP mulling changes to cyber-bullying bill

Task-force suggestions. But government not expected to change law, despite criticism



ALEX BOUTILLIER
alex.boutillier@metronews.ca

The province will take another day to consider opposition amendments to new cyber-bullying legislation.

But in spite of criticism from the chair of its cyber-bullying task force — as well as from the mother of a Truro teenager who committed suicide after being bullied online — it is unlikely the government will change the bill.

The government members on the legislature's law-amendments committee took the weekend to consider two proposed changes from the Liberal party.

After suggesting on Monday evening that they would



Ramona Jennex METRO

Quoted

"We can't put a one-size-fits-all in terms of programming, so we're being very measured and methodical as we work through this."

Education Minister Ramona Jennex
On the government's approach to its proposed cyber-bullying law

not be accepting the amendments, the governing New Democrats agreed to take another night to examine three pages' worth of suggestions from the Progressive Conservatives.

Earlier in the day, Education Minister Ramona Jennex repeated that her department considers the law a foundation for further action.

"This is one component," she told reporters.

"To make substantive legislative changes that do what we want them to do, that would affect the change that we want to see and have no unintended consequences ... (this) takes

a longer period of time."

The law has been criticized for lacking teeth. Pam Murchison, whose daughter Jenna died in 2011, told the committee they should put themselves in her shoes to understand her anger and frustration.

"You just can't shove this away," Murchison said after her presentation. "You've got to put some meat in it and you've got to ... stand behind what you are saying."

The law-amendments committee will consider the issue again on Tuesday before referring the bill back for third reading and royal assent.

Dark day. Murders occurred 20 years ago

Monday marked the 20th anniversary of the notorious McDonald's murders in Cape Breton Island.

On May 7, 1992, James Fagan, 27, Donna Warren, 22, and Neil Burroughs Jr., 29, were killed during a botched robbery attempt at the Sydney River McDonald's franchise. McDonald's worker Arleen MacNeil was shot and

left permanently disabled with a brain injury.

Darren Muise was 18 when he admitted to killing Burroughs.

He pleaded guilty to second-degree murder and was sentenced to life in prison with no possibility of parole for 20 years.

Freeman MacNeil and Derek Wood were charged

with first-degree murder and sentenced to life with no parole for at least 25 years. At the time, MacNeil was 24 and Wood was 19.

Muise was granted temporary day parole last March. He is believed to be living in a halfway house in Quebec. It's also believed that he's pursuing a trade.

CAPE BRETON POST



MAY 15, 2012

BRING YOUR CAMERA

We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome. Read more at aday.org. Let's picture the world. Together.



Treat Mom Seaside Different

MOTHER'S DAY WEEKEND PACKAGES



Mother's Day Spa Package

ONLY \$225 + TAXES

May 12, 2012 for one night
Mother's Day Brunch for 2 adults
\$100 spa credit for treatments at the Aqua spa

Offer subject to availability. Some restrictions may apply.



Mother's Day Family Gathering

ONLY \$149 + TAXES

May 12, 2012 for one night
Mother's Day Brunch for 2 adults
and 2 children under 12

Offer subject to availability. Some restrictions may apply.



Mother's Day Brunch

May 13, 2012 - seatings from 11am-2:30pm
\$25⁹⁵ + HST, per person
\$12⁹⁵ + HST, for children from 6 to 12 years of age
Tots 5 years or under are FREE!

Call for reservations at 902.627.4331

★ ★ ★ ★
ATLANTICA
HOTEL & MARINA
OAK ISLAND

PO Box 6, 36 Treasure Drive, Western Shore, NS
Phone 1.800.565.5075 | Fax 902.627.1180
Email reservations@atlanticaoakisland.com
atlanticaoakisland.com



Today Only

Tuesday, May 8

Mother's Day is Sunday, May 13

Exclusively Ours

Save \$2200

\$898

Reg. \$3098

SEALY Posturepedic Silver Elegance Eurotop queen mattress set

Features the revolutionary PosturePedic Titanium 805 (coils) proback Zoned inner spring for ergonomically correct support. Pressure relief includes memory foam and latex foam topped by a wool and silk layer for cool comfort.

Plus free local delivery

See store for details.

To order by phone, please call 1-888-257-6784.

Also save

65%

on the widest assortment of
Sealy Posturepedic in Canada
and on all other mattresses



NO INTEREST UNTIL MAY 2014

On all mattresses when you use your
HBC[®] MasterCard[®] or your HBC Credit Card

Minimum purchase \$499 (excluding taxes). Delivery charges and taxes are payable up front. Minimum monthly payment required. On approved credit only. No administration fee. See below for details.

Be the first to know about our one-day offers. Sign up at thebay.com

No rain checks and no price adjustments. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See store for details.

thebay.com

Follow us on twitter.com/thehudsonsbayco

Like us on facebook

the ay

Special Payment Plans are available on approved credit with your HBC[®] MasterCard[®] or HBC[®] Credit Card on the identified items. Not applicable in Quebec. If you default under your payment terms or under your HBC Account Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details, go to <http://paymentplanhbc.com>, call 1-800-253-2599 or see a store associate. 1 Hudson's Bay Co., HBC, HBC Rewards, The Bay and their associated designs are trademarks of Hudson's Bay Company, used under licence. Credit is extended by Capital One[®]. Capital One is a registered trademark. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved.

Peres. Israeli president lauds 'always positive, never indifferent' Canada

Shimon Peres thanked Stephen Harper for his staunch support of Israel, and Canada for its 60 years of friendship Monday as the Israeli president began a full state visit.

"I sense that Canada is always positive, never indifferent, never neutral," Peres said during his official welcome by the Governor General at Rideau Hall.

The Nobel laureate has been a fixture in Israeli politics since 1959, serving in 12 cabinets and twice as prime minister. He is currently the country's head of state — a largely ceremonial role — but remains an influential figure and a perceived leavening voice to hawkish Prime Minister Benjamin Netanyahu.

The president's five-day trip to Canada began as Netanyahu called an early national election amid talk of an "existential threat" to Israel from Iran's nuclear program.

Peres has expressed reservations about a pre-emptive strike against Iran, and his language upon arriving in Canada was that of the diplomat who won the Peace Prize in 1995 for his work with Yasser Arafat and Yitzhak Rabin on the Oslo Accords.



Israeli President Shimon Peres with Prime Minister Stephen Harper.
ADRIAN WYLD/THE CANADIAN PRESS

"Canada offers a new beginning, building bridges and closing gaps," Peres, who turns 89 in August, said at Rideau Hall.

"Israel, which is a start-up nation, breathes your air with real thirst."

Escorted up the Rideau Hall drive in brilliant spring sunshine by four mounted RCMP officers, Peres later planted an Eastern White Pine — known by the Iroquois as the Tree of Peace — on the grounds.

The Israeli president was greeted by the prime minister in the rotunda of Parliament's Hall of Honour.

THE CANADIAN PRESS

Hearing. Corporal's mother alleges military tapes were doctored

A hearing into the suicide of a young soldier was thrown off course Monday by allegations that tapes of the military's interviews with his family were doctored.

Cpl. Stuart Langridge's mother told a Military Police Complaints Commission hearing that portions of her interviews with military investigators appear to be missing from audio recordings.

Sheila Fynes' allegations came as she was questioned over her dealings with the mil-

itary and what she was told by them in the months after her son's death.

Lawyers suggested some of her interactions with them weren't reflected in transcripts of interviews, but she says the tapes appear to have been altered.

The hearing into Langridge's death was called because of complaints by the Fynes family that the military's investigations were biased and focused on exonerating the Forces. THE CANADIAN PRESS

New campaign

Conservationists take on budget

Canadian conservation groups have launched an anti-budget campaign condemning federal changes that they say will weaken the country's environmental safeguards.

The David Suzuki Foundation, Greenpeace and Equiterre, among others, are involved.

THE CANADIAN PRESS

NDP view

Break up the omnibus budget bill: NDP

The New Democrats want the government's omnibus budget bill broken up to allow more detailed scrutiny. They say the bill is supposed to be budget legislation, but it deals with changes to environmental assessment.

THE CANADIAN PRESS



Deborah Murphy, mother of Michael Rafferty, walks from court on Monday during a break at her son's murder trial. DAVE CHIDLEY/THE CANADIAN PRESS

McClintic a liar, argues defence

Michael Rafferty trial. Accused's mother claims outside court that her son is not guilty of killing Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child,

when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested. For McClintic to testify otherwise is "absurd," he said.

The defence presented

closing arguments Monday, and Rafferty's lawyer told the jury they shouldn't let the "unspeakable tragedy" of what happened to Tori overwhelm their deliberations.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the two and a half hours the little girl was being held against her will, Derstine told the jury.

The rest, he scoffed, is a fiction invented by a

troubled woman who "perjured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine said.

Michael Rafferty's mother was at the London, Ont., courthouse. She said her son is not guilty of killing Victoria.

The Crown makes its closing address Tuesday.

THE CANADIAN PRESS

Mental Health Week

Monday kicked off Mental Health Week in Canada.

- One in five Canadians will experience a mental illness over the course of their lives.
- Each year the Canadian Mental Health Association helps 100,000 Canadians.

Rethinking mental health strategies

Planners at the Mental Health Commission of Canada are looking at the fight against cancer as an inspiration for their new campaign.

Their first ever national mental-health strategy issued on Monday envisions a complete rethinking of how society looks at mental health — much like the revolution around cancer three or four

decades ago.

Nowadays, there is little stigma in discussing cancer of the most intimate body parts.

Finding funding for treatment is common cause for philanthropists and recreational joggers alike.

The cancer-research community is vibrant.

Advocates for better mental health can only dream of

such national consensus and attention. But with a national strategy, there is a clear path to move those dreams closer to reality.

"The mental-health system should be there for everyone who needs it and now is the time to make this happen," the commission's lengthy report said.

THE CANADIAN PRESS

Putin sworn in for third term, hundreds protest

Kremlin. At least 120 detained by riot police outside Russian leader's inauguration ceremony

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said while addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Quoted

"I consider serving the fatherland and our people ... the meaning of my whole life"

Russian President Vladimir Putin

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin. Police picked out anyone wearing the white ribbons that are the symbol of the anti-Putin protest movement.

The demonstrators, separated into several groups, were met by helmeted riot police. At least 120 were detained, including opposition leader Boris Nemtsov, who was grabbed while sitting at an outdoor café. In the evening, dozens of protesters gathered outside the presidential ad-



Police detain a protester during a rally in Russia. DMITRY LOVETSKY/THE ASSOCIATED PRESS

ministration building, and police detained them one by one, escorting them onto buses.

Putin's inauguration came a day after an opposition protest drew more than 20,000 people, fewer than the mass

demonstrations in the months that preceded his March election, but still a sign that the anger over Putin's heavy-handed return to the Kremlin has not faded.

THE ASSOCIATED PRESS

South Korea. Powdered baby-flesh capsules seized

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease, officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into small pieces and dried on stoves before being turned into powder, the Korea Customs Service said.

Customs officials refused to say where the dead babies came from or who made the capsules, citing possible diplomatic friction with Beijing. Chinese officials ordered an investigation into the production of drugs made from dead fetuses or newborns last year.

The customs office has discovered 35 smuggling attempts since August of about 17,450 capsules disguised as stamina boosters.

Some people believe them to be a panacea for disease, the customs service said in a statement. The capsules of human flesh, however, contained bacteria and other

Source

Chinese media identify north-eastern China as the source of such products, especially Jilin province, which abuts North Korea. The Jilin food and drug safety agency is responsible for investigating the trade of such remains. Calls to the agency and to the information office of Jilin's Communist Party were not answered.

harmful ingredients.

The smugglers told customs officials they believed the capsules were ordinary stamina boosters and did not know the ingredients or manufacturing process.

Ethnic Koreans from northeastern China who now live in South Korea were intending to use the capsules themselves or share them with other Korean-Chinese, a customs official said. They were carried in luggage or sent by international mail.

THE ASSOCIATED PRESS



BIG CITY DEALS

AT

City

CERTIFIED PRE-OWNED



 \$23,490 BIG CITY PRICING? '10 Chev Travers	 \$14,800 BIG CITY PRICING? '07 Mazda 5	 \$18,800 BIG CITY PRICING? '09 Honda Civic SI	 \$12,800 BIG CITY PRICING? '08 Mazda 6	 \$11,600 BIG CITY PRICING? '07 Chev Impala	 \$25,670 BIG CITY PRICING? '10 Honda CRV
 \$15,800 BIG CITY PRICING? '10 Kia Forte	 \$14,900 BIG CITY PRICING? '09 Mazda 3	 \$13,600 BIG CITY PRICING? '09 Toyota Matrix	 \$12,750 BIG CITY PRICING? '08 Ford Ranger Sport	 \$13,700 BIG CITY PRICING? '08 Nissan Versa	 \$24,300 BIG CITY PRICING? '10 Mazda 3 GTE
 \$12,650 BIG CITY PRICING? '08 Honda Fit	 \$17,400 BIG CITY PRICING? '11 Mazda 3	 \$26,980 BIG CITY PRICING? '12 Jeep Patriot Limited	 \$23,995 BIG CITY PRICING? '10 Chev Silverado 1500	 \$14,200 BIG CITY PRICING? '10 Mazda 3	 \$10,300 BIG CITY PRICING? '08 Pontiac G5

404-7564
"COME IN FOR YOUR BIG CITY PRICING!"

2648 Robie Street, Halifax
www.citymazda.com

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:



Multiple Offers



Samantha Doiron
Photography

SAMANTHA DOIRON PHOTOGRAPHY:

TWO OPTIONS

OPTION 1: \$19 FOR A 1-HOUR PHOTO SESSION AND 15 HIGH-RESOLUTION IMAGES ON CD

OPTION 2: \$29 FOR A 1-HOUR PHOTO SESSION, 15 HIGH-RESOLUTION IMAGES ON CD AND 2 PRINTS (8X10 AND 5X7)

Regular Price: \$150

You Save: \$131

Discount:

87%



\$39 FOR A RELAXING 1-HOUR REIKI AND CRANIOSACRAL THERAPY SESSION FROM HEART OF THE TREE (A \$90 VALUE)



\$29 FOR THE MAGIC DECANTER FROM THEMAGICDECANTER.COM (A \$90 VALUE)



\$59 FOR A COMPLETE HEALTHY FIT BODIES PACKAGE DESIGNED FOR WOMEN FROM TOP TRAINERS (A \$125 VALUE)



WagJag Golf

**\$55 FOR AN NHL WEDGE FROM MDGOLF (A \$160 VALUE)
-CHOOSE FROM ALL 30 NHL TEAMS**



Visit: **WagJag.com**

Follow us on:   [@wagjaghalifax](https://facebook.com/wagjag)

Hurry to WagJag.com to purchase local deals before time runs out.

Four Air Canada execs earning more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned \$4 million in 2011, down from \$4.55 million a year earlier, but higher than the \$2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations

Proxy report

- One of Rovinescu's key accomplishments was to manage through several actual and threatened labour disruptions, including a three-day strike by service and airport workers with minimal passenger disruption, said the proxy report.
- Air Canada is taking its annual shareholders meeting on the road this year to Calgary, headquarters of its chief rival WestJet Airlines.

David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensa-

tion grew to \$1.68 million. Dee's was \$1.62 million. Smith made \$1.37 million and Legge's was up to \$1.15 million.

Rovinescu's compensation doesn't include the \$5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request. The Montreal-based airline lost \$249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to \$11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS



Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

Pepsi. Heirs of developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the soda company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931 soda formula. The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation.

"The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states.

In a lawsuit filed in Manhattan federal court, Joan Ritchie Silleck and Robert Ritchie also seek unspecified damages for "unjustified and improper acts that have interfered" with their rights regarding their father's documents.

A representative for PepsiCo said the Purchase, N.Y., company does not comment on pending litigation.

THE ASSOCIATED PRESS

StatsCan. Non-residential permits still going strong

House-building intentions continued to slow in March, but the construction industry as a whole still looked strong thanks to plans for new institutional and commercial building.

Statistics Canada said Monday that building permits rose an above-consensus 4.7 per cent to \$6.8 billion for the month, following a 7.6 per cent gain the previous month.

Economists had expected a more modest 1.5 per cent increase. But all the action was on the non-residential side. Institutional building intentions rose a stunning 88.4 per cent, mainly for government buildings and medical facilities in Ontario. Meanwhile, the value for commercial buildings rose by 15.3 per cent.

Overall, non-residential intentions were up 13.9 per cent

to \$2.9 billion as the industrial component fell 42.8 per cent.

But the value of permits for the larger residential construction sector slipped by 1.3 per cent to \$3.9 billion, the sector's third consecutive month of decline. Single-family dwelling permits fell by 1.7 per cent and multi-family housing by 0.7 per cent.

In actual dwellings, permits issued rose 2.1 per cent to 17,650 in March.

On a year-over-year basis, the value of residential permits was down slightly — 0.2 per cent — while non-residential permits were up 3.3 per cent.

Permits are an indication of future construction and March's numbers appeared in line with a softening trend in Canada's housing sector, with sales and prices flattening.

THE CANADIAN PRESS

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan.

The bank has been operating in the region for nearly half a century, it said, and will expand its asset-management and investment-banking services to clients in the Middle East and North Africa. The bank says the representative office in Abu Dhabi shows the growing ties between North America and the Middle East.

THE CANADIAN PRESS

Market Minute

DOLLAR
100.7¢
(+0.25¢)

Natural gas: \$2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

TSX
11,860.66 (-10.58)

OIL
\$97.94 US (-55¢)

GOLD
\$1,639.10 US (-\$6.10)

NEED A RIDE?
Read metrodrive every Wednesday.

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

COLLEGE DIPLOMA + BBA = A SMARTER YOU

Add some business to your passion with an online Bachelor of Business Administration from Yorkville University.

By transferring credits from an approved college diploma, you could complete your degree in as little as 2.5 years.

To start making a smarter you, go to yourbba.ca or call 1-855-695-3302

YORKVILLE UNIVERSITY

**United Way of Halifax Region
86th Annual General Meeting**
Wednesday May 23, 2012, 4-6 p.m.
Johanna B. Oosterveld Centre, 2103 Gottingen Street
(North End Community Health Centre) Halifax, Nova Scotia

- In accordance with United Way of Halifax Region's Bylaw #1 Article 4.03(A) the report of the Governance Committee outlining nominations to the board is available at United Way of Halifax Region, 46 Portland Street, 7th floor, Dartmouth, Nova Scotia, B2Y 1H4;
- Additional nominations may be made in writing signed by at least ten (10) Members of the Organization* and shall be received by the secretary not less than seven (7) days prior to the Annual General Meeting, together with a statement in writing signed by such nominee indicating a willingness to serve as Director if elected (Bylaw #1, Article 5.04-b);
- No candidates, other than the nominated as set out above, shall be eligible for election at the Annual General Meeting. Employees of United Way of Halifax Region and of funded agencies are not eligible to sit on the Board of Directors, (Bylaw 5.03).

*Members of the Organization are residents within the boundaries of the Halifax Regional Municipality and the Municipality of East Hants who uphold the mission and vision of United Way of Halifax Region.



Catherine J. Woodman, President and CEO
United Way of Halifax Region

UNEXPECTED LIFE LESSONS FROM MOM



SHE SAYS...
Jessica Napier
metronews.ca/shesays

most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.



Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life. Sadly, the threat of flat feet and an orthotics dependency

Hats off to a clean sweep



PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY IMAGES



Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

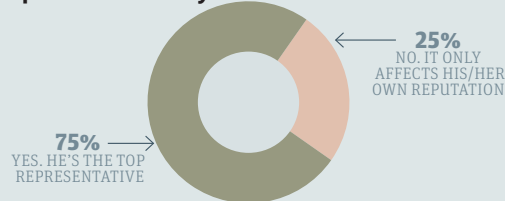
Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.



Register at metropolitanpanel.ca and take the quick poll

Does a mayor's behaviour affect the reputation of a city?



Twitter

@TheSilentG:

You know, I'm not a religious guy, but I am a fan of free expression. This nonsense regarding the Jesus T-Shirt in Bridgewater is ridiculous

@TeaRoomRita:

Had a great three days in studio. halifax is such a fine city!!

@ashley_laurence:

Putt putt putt goes traffic out-bound on Bayers Rd. How did I forget about the traffic leaving

#Halifax at this time of the day? #sigh

@welovehalifax:

It's time #halifax set up a competition for who can throw recycling stuff into the proper bin from our garage door the best

@StreetoutreachR:

Does anyone know why transit workers have been replaced by private security guards at the ferry terminal? #Halifax

DVD reviews



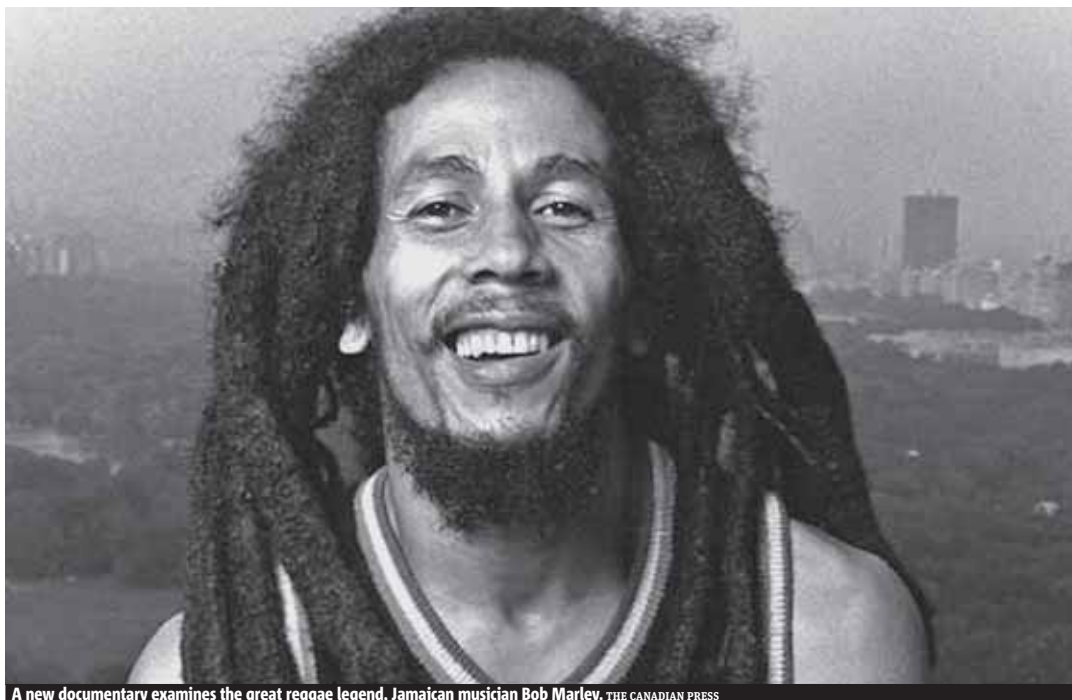
**Underworld:
Awakening**

Directors. Mans Marling,
Bjorn Stein

Stars. Kate Beckinsale,
Michael Ealy

As *Underworld: Awakening* opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckle-headed humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of *Underworld* land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. The major task in this episode (directed by Sweden's Mans Marling and Bjorn Stein) seems to have been to get out of the way of flying body parts as Selene sprays jumbo-sized Lycans with silver bullets, all the better to make their heads explode. It's time to hang up Kate's catsuit and drive a wooden stake into *Underworld*.

PETER HOWELL



A new documentary examines the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY

Metro World News in Boston

When award-winning director Kevin MacDonald turns his attention to a Bob Marley documentary, it's going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did few interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken (about Marley) before."

In the film, simply titled

Marley, MacDonald provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smoking ganja all day, but in fact he

was this driven guy."

MacDonald says his experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making *The Last King of Scotland*, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college stoners or Western people who chill out and love the vibe of it."

2

SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.

THE ASSOCIATED PRESS

On the web



Oops! Stradivarius cello worth \$20M broken in accident in Spain

Vogue Optical

2nd PAIR
FREE
POLICY

TRAVELING DESIGNER SHOWCASE



Today Only!

The latest brands from the New York Expo are available at our 1645 Barrington Steet location only from 9am-8pm!

BURBERRY VERSACE VOGUE

RALPH DKNY
RALPH LAUREN EYEWEAR DONNA KARAN NEW YORK

COACH

POLO
RALPH LAUREN
EYEWEAR

Ray-Ban
GENUINE SINCE 1937

D&G
DOLCE & GABBANA

TORY BURCH

EST. 1941

Check in tomorrow to see where our next stop will be...

Win Your Purchase • Fashion Show 1 – 3 • Door Prizes
Try on spectacular fashion frames and enter to win the New iPad!

Author hooks readers on saucy 'lifestyle' porn

50 Shades of Grey. Book is full of hot sex — and even better surroundings

KAREN
VON HAHN
scene@metronews.ca

Here's a dirty little secret: no matter how passionately engaged a woman might be, either in an actual intimate moment with her lover, or merely reading about one, she might be distracted by the drapes. Or that stain that would never come out of the carpet, or the bulb that's out in the chandelier.

We girls can't help it — for us, atmosphere is a big part of the romantic equation (which, boys, is a big part of the magic behind hotel sex). This little insight into how much style matters to a female audience has propelled the momentous career of chick-flick auteur Nancy Meyers, whose films (*It's Complicated*, *What Women*

Want, Something's Gotta Give) are successful precisely because they shower almost as much attention on the decorative detail of the characters' beautifully appointed interiors as they do on the romantic narrative.

The latest phenomenon to test this principle is a book that was first published online only to become a major sensation. E.L. James's dirty little S&M saga *50 Shades of Grey* is so hot with its female audience that bookstores are sold out of copies.

And its first-time author, recently named one of the 100 Most Influential People by *Time* magazine, now has a seven-figure contract with Vintage Books as well as a film deal for the series with Universal Pictures and Focus Films. Clearly, James knows what women want, and after reading the dismal book, I can only conclude it isn't great literature.

What *50 Shades* offers its readers is hot sex — lots and lots of it — with descriptions of the drapes, and the wine, and the clothes in between. And the first clue that the book



will also titillate the reader with its descriptions of style is the grey silk (read: powerful, fashion-forward) men's tie on the cover. Our hero, Christian Grey, is a wildly successful and powerful billionaire, of course. The global headquarters of Mr. Grey's empire are described as "all curved glass and steel, an architect's utilitarian fantasy, with 'GREY HOUSE' written discreetly in steel over the glass front doors."

Inside, in a vast lobby of "glass, steel and white sandstone," our heroine is greeted

by an immaculate blond "in the sharpest charcoal suit jacket and white shirt that (she) has ever seen," and seated in front of a floor-to-ceiling view of the Seattle skyline in an area filled with white leather chairs. The first time she lays eyes on Mr. Grey, he is described as "tall, dressed in a fine grey suit, white shirt and black tie with unruly dark copper-coloured hair and intense, bright grey eyes." Yes, there are a lot of grey things in this book.

In the plush comfort of his black Audi SUV (one of a per-



Women just can't get enough of E.L. James' new novel. TORSTAR NEWS SERVICE

sonal fleet of Audis), Mr. Grey blasts the Flower Duet by Delibes from the opera Lakme and Pachelbel's Canon. "My taste is eclectic," notes Grey, "everything from Thomas Tallis to the Kings of Leon."

Playing the full Pygmalion, the cultured Grey introduces our young heroine to oysters, the mysterious pleasures of both piloting a glider and flogging with a leather whip that sounds like it was designed by Ralph Lauren. They drink Pouilly Fume and pink Bollinger Grande Annee Rose 1999. And

he presents her with a first edition of Thomas Hardy's *Tess of the D'Urbervilles*, another Audi, and, weirdly, a BlackBerry (apparently this was written before the crash of RIM and the arrival of the iPhone 4) as gifts.

Along with actual porn, E.L. James has served up a mighty helping of what is typically referred to in the magazine biz as "lifestyle porn."

No wonder the heroine even considers being Grey's submissive. She's been swept off her feet by a stylized tsunami of aspiration.

Take Me Home! Sally

As a stray found in Halifax, we do not know Sally's history. She is approximately 4.5 years old with a sweet, gentle soul. Sally could be a little more skilled at marketing herself on the adoption floor so do not overlook this special gal.



She has a warm, mellow presence and a serene, peaceful disposition. When you spend a few minutes interacting with her, she radiates a calmness that is compelling. We envision her settling into a quieter household where her tranquil, easy-going manner will allow her to fit right in. Sally is ready for visitors so please drop by the shelter to meet her.

For more information on Sally and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



278 Lacewood Drive
Clayton Park
431-8665



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Looking for something Different?



Tall Ship Silva.
Join us after work.

Ask about our May & June booking bonus

Cold Drinks. Cool Cruises.
902 429.9463 | tallshipsilva.com

101.3 THE BOUNCE
the 9 spot

Top 5: May 7th

- 5 Nicki Minaj Starships
- 4 Maroon 5 Ft Wiz Khalifa Payphone
- 3 Fun We Are Young
- 2 Justin Bieber Boyfriend
- 1 One Direction What Makes You Beautiful

Weeknights at 9
Tessa counts down the **HOTTEST 5** songs that day!

1013THEBOUNCE.COM

Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. 'Til death do us part' was a much different deal."

Messing is reportedly dating her *Smash* co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.



Debra Messing ALL PHOTOS GETTY IMAGES

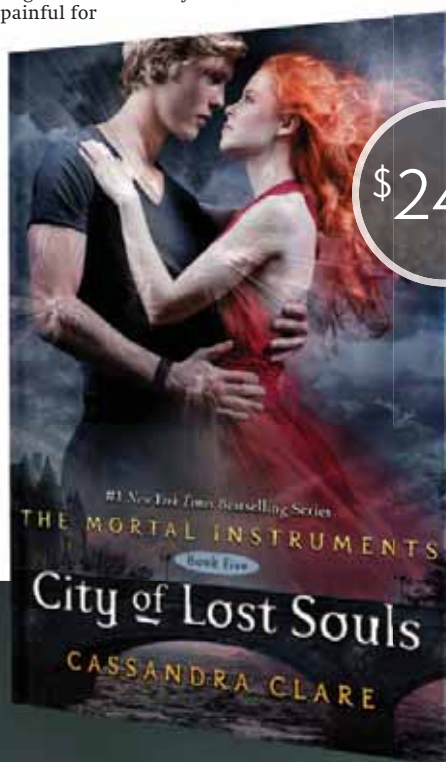
Twilight star goes limp on Leno

A round of reshoots on the final *Twilight* movie has proved painful for lead actress Kristen Stewart, who admits she suffered a "puncture wound" to her foot while re-filming a vampire hunting scene in Vancouver last week, she admitted to Jay Leno.

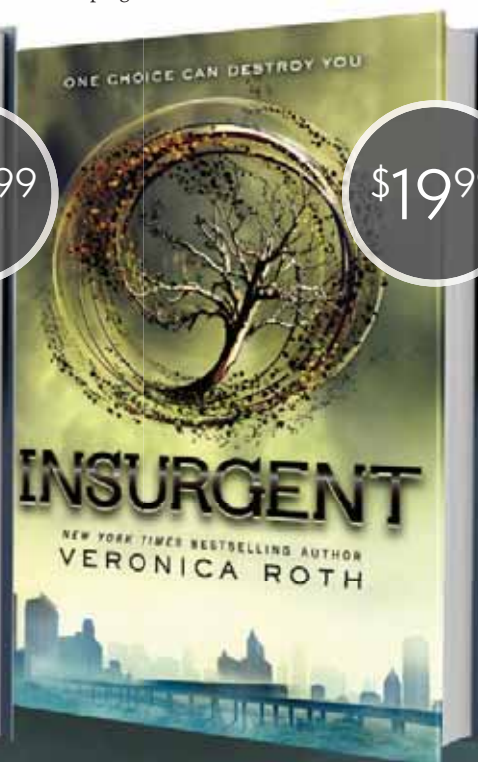
"I wasn't trying to have ultimate swag

when I walked out. I hurt my foot," she

told the talk show host after limping as she



\$24.99



\$19.99

Feed Your Obsession

Available NOW in-store and online
Follow #indigoCOLS today to win great prizes

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA
WEYMOUTH
scene@metronews.ca

Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your



mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that

you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.

Bynes isn't off the hook quite yet

While no further trouble seems to be coming Amanda Bynes' way from her recent hit-and-run incident, the same can't be said of her arrest for drinking under the influence last month.

In fact, formal charges are reportedly pending for the former Nickelodeon star, according to Radar Online.

"Amanda Bynes refused to take a breathalyzer test or blood test which is required under California law when someone is arrested for a DUI," a source says.



!ndigo

Enrich your life™

Indigo Chapters indigo.ca

f t p /chaptersindigo

™ Indigo Books & Music Inc.

3

LIFE

On the Web



Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years



Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/ THE CANADIAN PRESS

Sending in the clowns

TIRED OF ER WAITS?
WE CAN HELP



The Family Focus
medical clinics

one number for all locations

420-6060

Spring Garden Road
Joseph Howe Drive
Baker Drive
Sackville Drive

Walk In or Call
Same Day Appointments
www.thefamilyfocus.ca

FLU SHOTS Available
in clinic or at your workplace

Nimrod Eisenberg never wanted to enter the family business — medicine.

He went to theatre school against his parents' wishes, eventually working as an actor, an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents, albeit

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran

away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses."

Medical clowning is part

of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to

bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hannel Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

"Is it really true? I am not convinced. Not yet," Holzer said.

THE CANADIAN PRESS



*Devera Giles,
owner*

ULTRA HAIR
solutions & esthetics

EVERY WOMAN DESERVES HER CROWNING GLORY!

Female hair loss occurs in more than one pattern. If you are a woman who has started to lose your hair, you are not alone. Are you worried about your hair loss? Contact us for a consultation today.

429-8300 • 1770 Market St • ultrahair.ca

A café that's Mindful of a healthy yet flavourful diet



The Sesame Chicken Wrap (\$7.50). VALERIE MANSOUR



LUNCH RUSH
Valerie Mansour
life@metronews.ca

How can you not like a café called the Mindful Mango?

Located in the food court in the bustling Village at Bay-

ers Road, one finds an array of homemade sandwiches, soups and salads.

The delectable Smoked Ham Panini (\$7.75) with ginger lime mayo, roasted apple, Gouda cheese and romaine lettuce is full of flavour. It is accompanied by spinach salad with a citrus dressing.

The Sesame Chicken Wrap (\$7.50) pales by comparison. Although it has greens, sweet peppers, grilled onion and sesame mayo, it's on the bland side.

The day's soup special, French Canadian Pea Soup (\$3.95), is made with lentils instead of peas.

It's hot and comforting, as soup should be.

The Rhubarb Mango Crisp (\$2.95) is also excellent.

Focusing on locally sourced and fair-trade ingredients, The Mindful Mango is sensitive towards diabetic and gluten-free diets.

It provides employment for people needing assistance re-entering the workforce — a good reason to return for another yummy Smoked Ham Panini.

Visiting the restaurant

The Mindful Mango

Address. 7071 Bayers Rd.

Phone. 455-9686

Rating. 3.5/5

Price range. \$\$

Business lunch. No

Co-worker lunch. Yes

Social lunch. Yes

Firecracker almonds. Hot-and-spicy snack is full of flavour & nutrition



1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS

(PROFESSIONAL HOME ECONOMIST, COOK-BOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

To gift or not to gift, that is the big question



When in doubt, just buy a gift. ISTOCK



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals. What should I do when they don't expect a gift from me? Or what should be my price range if I'm willing to get

them a gift? It seems a bit rude not getting them a gift. Signed, To Gift or Not?

Dear To Gift or Not,

Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).

So firstly, since you are both her friend and attending the wedding, I think it is very ap-

propriate for you to purchase something small for her to mark this important occasion.

Now the question is what to get, and how much to spend? If you were only attending the wedding as a guest, how much would you have spent? This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather

than getting something all by yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

- 1) Don't ever spend more than you can afford.
- 2) Don't be extravagant to make the bride uncomfortable.
- 3) Doing all of the planning and organizing is a big job in itself and can be a gift.

I hope this helps, and have fun planning!

5TH ANNIVERSARY SPECIALS!

50% Off* All Laser Hair Removal
Packages and singles available

20% Off* All Dermalogica Skin Care
Complimentary skin consults available

Also offering Botox, Juvederm and more

AURORA AESTHETICS
COSMETIC AND LASER MEDICINE

406-4040
5954 Spring Garden Road
auroracosmetic.ca

* Limited time only.

metr

CANADA'S FIRST NEWS APP* IN NEWSSTAND

Now available for iPad, iPhone and iPod touch!

* Available on the App Store

Mother's Day 3 Course Lunch

11:30am - 4pm
\$21.95/person
Make your reservations today!

Locally Inspired Food
Call for reservations • Under new ownership
1583 Brunswick Street • 425.4278 • dofskysgrill.com

dofsky's URBAN GRILL

Your mortgage

Try to avoid hefty break fees



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Since selling my house and discovering my mortgage prepayment penalty would be a whopping \$5,000, I've been hunting for ways to reduce the

break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a con-

tract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have already sold your property, prepay the mortgage up to the allowable limit. Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage.

You can do this through online banking or ask your lawyer to have the bank apply

the allowable lump sum to the principle balance when the old mortgage is being paid out.

The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage prepayment calculator, I know that by paying an extra 10 per cent in principle on my mortgage balance, I can save \$600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a

challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee. Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty) are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.



Are you financially ready to own a home? ISTOCK IMAGES

Overall, if the fee is too great, don't break your mortgage!

The parent trap

Co-signing for your kids. Know the consequences before you become responsible for your children's debts



YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings.

And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.
2. The loan will likely will appear on your credit report and may adversely affect your credit score, especially if payments aren't made on time. Debt collectors could pursue you if the loan is in arrears.
3. Since co-signers are legally responsible for the loan, monitor it closely. Happily, if you

Joint borrowing

- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."

co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer, consider the worst-case scenario. Can you afford the loss? Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan? Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than your child or for a child who has been away from home for some time, ask for a credit report. This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it is noted.

Most experts will advise against co-signing, but we as parents always want to help our kids.

Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

Alison's money rule

"Co-signing a loan is exactly the same as lending cash out of your pocket."



"Dad, can you just sign here?" ISTOCK IMAGES

Available anywhere.
Download the Metro app today.

metro
News worth sharing.

metro

HOME RENOS

Tuesday, May 8, 2012



Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPEL STUDIOS/THINKSTOCK

Your renovation financing options

Planning. You should have a good idea of budget, labour and material costs

YLVA
VAN BUUREN
For Metro

materials, etc., for smaller renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

- Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when you need it. "These projects can take months," says Dave

Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

There are two kinds:

- Secured line of credit (secured against real estate). If you have equity in your home, this is probably the

best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.

- Unsecured line of credit. Approval is based on your overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed.

The interest rates would be higher on this line of credit because it is unsecured.

- Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are

rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.

- Personal loan. One benefit of a personal loan, says Dillon, is the clear payback time frame. A five-year loan would be paid back in five years.

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

- Cash on hand. If you are looking at a renovation that will cost \$10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.
- Credit card. You could put

Want More Space, Light and Comfort?



www.CreativeCa.FourSeasonsSunrooms.com

Creative Sunrooms of Nova Scotia Ltd.

63 McQuade Lake Cres., Bayers Lake Park, Halifax (near Wendy's/Tim Hortons)

455-7866 Visit Our Showroom!

Sunrooms,
Patio Rooms,
Screen Rooms,
Conservatories

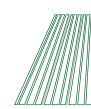
Book **NOW** & enjoy:

- "Free Conservaglass"
- An additional **5% off** your sunroom

Thinking about a new roof?

Metal roofing offers durability and efficiency

- 40 year warranty
- Energy efficient: cools in summer, warms in winter
- Long lasting, versatile and elegant: many colors to choose from
- More affordable than you may think...



Scotia Metal Products Ltd.

NOVA SCOTIA'S FIRST MANUFACTURER OF METAL ROOFING

468-7217 • 1-866-770-7759 • scotiamental.ca



Visit our showroom at
188 Joseph Zatzman Drive



Dig these landscaping tips for first-timers

KELLY
PUTTER
For Metro

As a first-time homeowner you are deluged with so many plans for your new address that settling on a flower bed here versus a pair of shrubs there can be overwhelming.

Spend your landscape dollars wisely and do plenty of research before heading out to the garden centre, advises

Denis Flanagan, public relations director for the Landscape Ontario Horticultural Trades Association. By following these two rules you are less likely to blow your budget or end up with tropical plants that don't have a hope of surviving the arctic climate in which you live.

"Do your homework and try to get a bit of a road map to guide you is the secret," he says. "We're a bit like kids in a

candy store, especially at this time of year. Doing your research ahead of time will help you avoid buying on impulse."

If you have earmarked some money for your outdoors, Flanagan highly recommends investing in a landscape designer or consultant.

A good designer will assess your needs and lay out a gardening plan that can be done gradually over a number of

years, depending on your budget.

But if hiring an expert is out of reach, there are plenty of alternatives. Once you get to know your new neighbours and their gardens, ask if they are interested in trading seeds and cuttings from plants that need to be divided. Do the same with friends, relatives and co-workers.

Flanagan recommends joining your local horticultural so-

ciety. Often, these groups offer free or low-cost seminars and talks on a wide range of landscape and gardening concerns. In addition, this is where you will learn about community plant swaps and sales that don't break the bank.

Some municipalities offer soil, mulch, compost and even trees for free. For stones, bricks and other gardening materials, check out demolition sites, but get permission first.

Flanagan warns that you need to be careful about what you plant in your yard. Just because something is free doesn't mean you will want it, no matter how beautiful. Certain plants are invasive and will choke out others so be mindful. Again, do your research.

When in doubt, ask an expert at landscapeontario.com, where questions are fielded by master gardeners.

Feel better about your home

An eco-friendly renovation is a well-planned project that is in response to your needs — and no more, says François Fortin, technical and sustainable construction services, RONA. Environmentally friendly materials are used whenever possible, says Fortin. And the renovation improves energy efficiency and reduces demand for water overall.

"While it is about saving money," says Chris Higgins, homes expert with the Canada Green Building Council in Vancouver, "it's also something you can feel better about."

Here are 10 eco-friendly choices:

1 Source building products locally to cut down on transportation miles.

2 Look for recycled materials. For example, Winnipeg's Anpx makes flooring and countertops out of crushed porcelain from toilets.

3 For healthy flooring, always choose a hard material such as hardwood, linoleum and vinyl tile instead of installed carpeting. "Statistics show that at the end of its life, 30 to 40 per cent of the weight



Renovations to your bathroom can be eco-friendly. COMSTOCK/THINKSTOCK

of carpet can be dirt," says Higgins.

4 Look for FSC (Forestry Stewardship Certification) certification on wood products. FSC means trees were harvested in a responsible manner.

5 Use low VOC (volatile organic compound) paint and floor finishes.

6 Choose Energy Star rated products such as appliances and windows. The designation identifies energy efficient products. (An old fridge

can use 15 per cent of electricity consumed in a house that's heated by gas.)

7 If you are removing drywall, etc., improve insulation. "Insulating your attic is like wearing a toque in the winter time," says Shaun Loney, executive director of BUILD, a non-profit contractor in Winnipeg specializing in energy and water efficient retrofits. Insulating the basement is like wearing pants. Payback will be about three years.

8 Upgrade the gas furnace. Up to about 50 per cent of available energy is wasted in an old furnace, says Loney. "A high-efficiency natural gas furnace is about 95 per cent efficient."

9 Use a 1.5 gallon/six litre per minute aerated shower head — it's inexpensive (about \$20), cuts water consumption in half, and saves energy because it's hot water, says Loney.

10 Install a six-litre high-efficiency flush toilet. (Visit map-testing.com for flushing performance scores.)

YILVA VAN BUUREN



If you choose a do-it-yourself project, expect it to take longer, but to cost less than hiring a professional.

JUPITERIMAGES/GOODSHOOT/THINKSTOCK

Do-it-yourself. It's all about cost, comfort and knowledge

JON
TATTRIE
For Metro

After pouring your life savings into buying your first home, you may balk at spending more money for that final renovation. But how do you know when to do it yourself and when to call in a contractor?

Mag Ruffman, the DIY guru behind shows like A Repair to Remember and Lowes Family Fun Projects at Lowes.ca, says the first questions is — will you DIY and die?

"The question I always ask is, 'Has anyone died doing this?'" she says, only half joking.

If the answer is yes — and that often involves electrical or plumbing — you will want to call in a pro. "It's not something you can make assump-

tions about and assume you'll be lucky," she says. "Luck tends to work against you."

Beyond that, it comes down to comfort, cost and knowledge. Ruffman says you can get comfortable with basic power tools to handle jobs like drywalling if you have an expert show you the ropes.

Ruffman observes that with home renovations, you can have any two of good, cheap or fast — but not all three. If you DIY, expect it to take a long time, but to cost less. A pro will cost more, but will likely be faster. For big jobs, consider compromising to bring down the cost. Gut the bathroom before hiring a pro to install the new one, or have a pro build the frame of your deck and do the decking yourself.

Ruffman says that while the knowledge of redoing

flooring is fairly easy to obtain, carpeting requires tools and skills. Bathrooms and kitchens play an outsized role in the resale value of your home, so think carefully before doing it yourself.

Jim Rivait, CEO of the Canadian Homebuilders Association in Alberta, says a good contractor will also know the building code and what permits are required.

He adds that electrical problems can lead to fires, and plumbing miscues can cause floods.

Rivait says if you hire a pro, look for the RenoMark. "They can be assured the renovator follows a certain code of ethics," he says. "They have to provide some form of warranty."

RenoMark currently operates in six provinces and plans to go nationwide soon.

The Future Starts in Your Own Backyard



Organic Soils • Mulch • Stone & Gravels • Sand

We carry a wide range of gardening and landscape products to beautify any yard. Your locally owned, one stop shop... since 1968.

KYNOCK
RESOURCES

1993 Hammonds Plains Rd | 835.2446

www.kynock.com | since 1968



Taking some tips from the pros will help ensure your new fence will be installed correctly. iSTOCKPHOTO/THINKSTOCK

Add function and style with a fence

Project. The basic principles of building a fence are simple

JASON MENARD
For Metro

Whether you are looking to delineate your property or give your home a little added privacy, a fence is the ideal choice to add both style and function to your yard. But while it's a job that can be done by the DIY set, taking some tips — or even some assistance — from the pros can help to ensure the job is done right the first time for a long time.

"It's something that people can do — the basic principles of fence-building are fairly simple — but there are a couple of things that you should do to make it easier," said Brian Kudhaya, owner of AMBK Fence & Deck.

Before doing any work,

Kudhaya said you must contact Ontario One Call, (on1call.ca) to ensure that your various underground connections are clearly mapped out — which includes hydro, cable, telephone, and gas. "It's the most costly mistake you can make," he explained. "It's a free service, but if you damage one of these lines you're responsible for paying to fix it."

He added that having your property survey on hand is another must to ensure you are building on your own land. Kudhaya also recommends calling in the pros to do the heavy lifting — or drilling, as the case may be. "Hire someone to dig the post holes and put in the posts — that's the hardest part of the job."

Fence posts must be sunk below the frost line to a minimum of three to four feet.

From there, the style, height, and materials used in your fence are up to your personal preference. The most common material used is pressure-treated wood, which offers added privacy. But there

are other styles available, including chain link, vinyl, and even stucco or brick.

Another key tool the average homeowner must have when building a fence is patience — especially when it comes to ensuring the fence posts are properly set. "Some people will want to make sure that their posts are firmly in place, but they won't wait the 12 to 24 hours the concrete needs to set," he said. "So they'll walk by and shake the post — and all that does is mean that you have to redo the concrete. That just adds to the cost."

And, of course, if you do choose to go the professional route, either for setting the posts or doing the full job, make sure you get a reputable builder.

"Ask for references and I would suggest shying away from under-the-table people," he said. "If something goes wrong with your fence, a reputable builder will come back and fix it. The under-the-table people will disappear."

Spring Savings For Your Home

Inside and out, we have you covered!

25 Year Dakota Shingles
\$21.49/bundle
In stock only

1/2" Drywall
4 ft x 8 ft Standard
Cash & Carry
\$9.99

2011 ENERGY STAR HIGH EFFICIENCY RAISED SPRING
Manufacturer of the Year
Residential and Retail

ALL WEATHER WINDOWS
AUTHORIZED DEALER

Enfield Home Hardware Building Centre
264 Hwy #2 - Enfield • 902 883 2266
Only 15 minutes from the city!

GIVE YOUR BATHROOM AN UPGRADE!

- Innovative non-porous material that is extremely easy to clean
- Wide range of styles and accessories
- Most installs completed in ONE day
- A fraction of the cost of conventional remodeling

CALL NOW
1-877-905-9608
for a FREE in-home estimate

CONSUMER CHOICE AWARD 2011

LIFETIME BATH FITTER WARRANTY

PRESENT THIS COUPON AND SAVE UP TO

\$250* | **0% FINANCING AVAILABLE***

BATH FITTER®

WWW.BATHFITTERNOVASCOTIA.COM

*On a tub-to-shower conversion. Or \$25 off a tub, wall and fixtures. Offer valid for 30 days. See store for details. One coupon per customer. Coupon must be presented at time of estimate only. May not be combined with other offers or applied to previous purchases. Valid only at this location. ©2012 BATH FITTER® all rights reserved.

COMPACT STUDIES

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a subject — literally — appeals to those who take the course on archeological field methods, where students get to



ISTOCKPHOTO/THINKSTOCK

learn on an actual site in Alberta. Other classes take students to the Northwest Territories to learn about design in traditional environments, or to study sustainability via outdoor education in rural Alberta (the ad shows two students paddling a canoe through rapids). Others take students abroad to learn languages and art first-hand.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International

courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

She says students spend a few hours a day in the classroom four days a week and the rest of the week on field trips. "In Hong Kong, we have business students who are studying cases in class and then they go out and see some factories," Witol says. "It makes things a lot more real."

It can also be a great opportunity to

make global contacts that can flourish in later years. For other students, it's a chance to see if they really want to make a career out of their degree. "Especially for programs that are hands-on. We have a program in Jordan which is an archeological dig," she says.

If you spend a month combing through desert sands under a blazing sun and leave grinning, it's probably the right career path for you.

Courses range between \$5,000 and \$8,000, all inclusive, and there are many bursaries and grants available via student services.

— Jon Tattrie

GET FUN AND INTERACTIVE INSTRUCTION AT SUCCESS COLLEGE

For Katie Gale, furthering her education to find a stable career choice was her top priority when she started looking for the right program.

"Before attending Success College I was working full time as a server. I loved the fast pace of the industry and loved being able to interact with new people every day, but I knew that wasn't a secure career choice for me."

After researching schools and deciding what program was best for her, Gale, a 2011 graduate of the Paralegal Plus Program, was referred to Success

College. She recalls her first visit to the Lower Sackville campus.

"I was able to learn more about the school itself and the program I was interested in. I also had the pleasure of meeting my potential instructor that same day."

From Day 1, students start classes as if they are already employed in the field. A variety of techniques are used to ensure students thrive in a stimulating environment. Traditional classroom instruction is used as well as field trips to provincial courts and legal firms, guest speakers,

case studies, role playing and mock simulations. Gale says she found this way of teaching interactive and fun.

"Some days would be crazy and others more relaxed, but we showed up every day as if we were walking into a law firm. We would attend in proper dress attire, we worked office hours and were expected to exude professionalism."

The two-year diploma program is condensed into 14 months including an eight-week work term. Gale was hired at a prestigious law firm in downtown Halifax before she started her placement. Af-

ter working just a few months she was promoted to assist two senior partners within the firm.

Gale wasn't the only graduate who quickly found a position — all of her classmates were also employed before the end of their programs in various legal environments.

Students gain comprehensive training in every area of the law and legal office administration. Upon completion, students are trained to work in the public and private sector, including any business housing a legal department.



Make **This** The Year You Get A New Career

Get Career Training in

- Business & Accounting
- Health Care
- Travel & Tourism
- Information Technology
- Legal



Request **FREE** Info
Online successcollege.ca
Call 1-800-662-3991



Success College
Get Ready.

Call Anytime 24/7 For Info • Located at 800 Sackville Drive, Halifax, Nova Scotia B4E 1R8

HEALING AND THE POWER OF TOUCH

CANADIAN COLLEGE OF OSTEOPATHY'S NEXT HALIFAX PROGRAM BEGINS IN SEPTEMBER

Michèle Caron has a word of advice for people interested in a career in osteopathy.

"We always encourage students if they have not had an osteopathic treatment to have one done," says the Canadian College of Osteopathy's (CCO) Halifax program director. "To me, that's the first step."

She says that, in many cases, students are motivated to become osteopaths as a result of going to an osteopath to treat a health condition or knowing somebody else who has.

"The benefits of it are so great that they decide they want to study osteopathy," says Caron.

The CCO operates across the country in Halifax, Montreal, Toronto, Vancouver, Quebec City and Winnipeg. It also

has campuses in Switzerland and Germany.

Osteopathy is a form of natural medicine that uses manual therapy to treat neuromusculoskeletal and joint problems. Rather than treating the symptoms, osteopathy focuses on getting to the root of the problem.

At the Halifax campus, the CCO offers a five-year seminar based program. Six seminars take place each year, with each seminar running for five consecutive days. The program is geared

towards people who already have a diploma in a health science program, such as nursing, physiotherapy and kinesiology.

Once students complete the study portion of the program, they must complete and successfully defend an osteopathic thesis to receive their diploma of osteopathy (DO).

This thesis requirement is one of the things that help make the CCO an excellent institution to study osteopathy. The excellent faculty are

MORE ABOUT CCO

People interested in learning more about the Canadian College of Osteopathy (CCO) can visit its website at ceo.qc.com to learn more about its programs and history. People can also contact the college's admissions co-ordinator, Marie-Chantal Raïche, by telephone at 514-342-2816, ext. 229.

another reason, as all professors are practising osteopaths and have been trained by the CCO.

One final reason is that students are able to learn and practise the many osteopathic techniques under the watchful eyes of the faculty.

For students who do not have a diploma in a health science program, the CCO offers a BSc in osteopathy at its Montreal location.

The next intake of students for the DO program in Halifax will begin in September. Currently, new cohorts start every two years. Caron hopes that in the future this will expand so that new cohorts begin annually.

Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** with even the most complicated patients.

Osteopathic manual treatment focuses on detecting areas of restrictions at any tissue level that may be interfering with the body's regular functions. Restrictions are detected through the osteopath's delicate proficiency at palpation. The transmission of the art of palpation is a time-honoured tradition which the faculty of the CEO takes great pride in sharing with the students. The ability to palpate precisely distinguishes osteopathy from all other forms of medicine and therapy.

Following a thorough history taking, the patient is assessed in detail and treated with minimal intervention techniques in order to achieve maximal results. Viewing the body as a whole, the osteopathic approach recognizes that the tissue's mobility has a direct impact on all of the body's functions from digestion to breathing to locomotion. Osteopathy functions by assisting the body's natural healing ability, allowing areas of restriction to regain as much of their former mobility as the body will comfortably allow.

The educational program is designed with busy practicing health-care practitioners in mind. Courses are held over weekends to minimize time lost from current employment. Each year of the 5 year program hosts 6 seminars, spaced evenly throughout the academic year. Followed by a research project.

Upon completion of the program, graduates receive a Diploma in Osteopathic Manual Practice (D.O.M.P.). Graduates enjoy career satisfaction.



College of Osteopathic Studies

CEO (Osteopathic Studies) Inc.

CCO (Osteopathic Studies) Inc.

30 years of experience in the Traditional Manual Practice of Osteopathy

6 Canadian campuses

Montréal - Halifax - Vancouver - Québec - Toronto - Winnipeg

For information

1-800-263-2816 ext. 229

info@ceo.qc.com | www.ceo.qc.com

4

SPORTS

MLB

"I was trying to hit him. I'm not going to deny it."

Philadelphia left-hander Cole Hamels on Sunday night, after he nailed Washington rookie Bryce Harper with a fastball in the small of the back in his first time up during the Phillies' 9-3 win. Major League Baseball suspended Hamels for five games on Monday for intentionally throwing at the 19-year-old Nationals phenom.

Olympic qualifying

Clayton fights his way closer to a spot in London

Dartmouth boxer Custio Clayton moved another step closer to qualifying for the London Olympics on Monday.

Clayton defeated Izquierdo Acuna Arturo of Costa Rica in the Round of 16 of the 69-kilogram weight class at the International Boxing Association American zone Olympic qualifiers in Rio de Janeiro.

The 24-year-old, who had a 21-5 edge in points, advances to Wednesday's quarter-finals. He needs a top-five finish in his weight class to clinch a spot at the London Games.

In other action in Brazil, Pictou's Brody Blair scored a victory over Bolivia's Miguel Ugarte in the 75-kilogram weight class. The 21-year-old had a 34-6 edge in points.

Blair, who also needs a top-five finish in his weight class to clinch an Olympic berth, advances to the quarter-finals on Wednesday at 7:45 p.m.

MATTHEW WUEST/METRO

NHL



Claude Giroux GETTY IMAGES

Giroux banned from Game 5 for hit on Zubrus

Claude Giroux has to watch Philadelphia's attempt at saving its post-season from the sidelines.

He can only hope he hasn't played his last game of the season with the Flyers.

Giroux was suspended by the NHL on Monday for his illegal check to the head on New Jersey centre Dainius Zubrus in Game 4 of the Eastern Conference semifinals. The punishment leaves the Flyers without their all-star forward and leading scorer as they try and rally from a 3-1 deficit.

Giroux will miss Tuesday's Game 5 at the Wells Fargo Center in Philadelphia.

Shanahan said in a video statement that Giroux deserved the one-game ban because he targeted Zubrus' head. **THE ASSOCIATED PRESS**

On the web

Wondering what happened to some of your favourite former Halifax Mooseheads such as Tomas Knotek, Brandon Reid, Ramzi Abid and Daniel Sparre? Check our Q Files blog for a rundown of prominent alumni still active professionally at metronews.ca/qfiles.

Lauther aims to kick-start pro career

CIS football. Huskies kicker travelling to London, Ont., for week of activity at annual East West Bowl



MATTHEW WUEST
matthew.wuest@metronews.ca

It could be the gateway to Brett Lauther's dreams of playing pro football.

But the 21-year-old Saint Mary's Huskies kicker won't be thinking about Sunday's annual East West Bowl that way. It'll be business as usual.

"It should be a lot of fun," the Truro native said. "But I'm going with the attitude that I'm not there for fun. It's business."

Lauther is in London, Ont., for the weeklong event held each year to showcase Canadian Interuniversity Sport players who will be eligible for the following year's CFL draft.

"You have to bring your A-game because a lot of what happens in the draft depends on this and the season you have next year," Lauther said. "So this is the biggest game for me, so far."

Lauther led the CIS in scoring last season with 91 points and helped the Huskies to the AUS final against the Acadia Axemen. His 17 field goals were the fourth-highest single-season total in conference history.

"I put in a lot of extra time, and sacrificed a lot of other things, to be more dedicated and I did a lot better than any other year," Lauther said.

Lauther has spent the summer training with Saint Mary's alumnus Justin Palardy, who is preparing for his third CFL season as kicker for the Winnipeg



Saint Mary's kicker Brett Lauther kicks a field goal in this file photo. He's hoping to impress CFL scouts at the East West Bowl this week. METRO FILE

Quoted

"I can't make it out to be more than it is because that's when bad things happen. I've just got to stay focused, do what I did in practice and that will translate on the field." Saint Mary's Huskies kicker Brett Lauther

Blue Bombers, in hopes he'll be at his best for next week and the coming season.

"Playing pro has always been a dream of mine," he

said. "It's unrealistic for most people, but the opportunity has come up and I definitely want to do it and see how it works out."

Other locals competing

Also at the East West Bowl are:

- OL Matthew Albright, Saint Mary's (Dartmouth)
- LB Kyle Norris, Saint Mary's (Stittsville, Ont.)
- DB Neil King, Saint Mary's (Sherwood Park, Alta.)

Hagan to play hoops in New Zealand



Chris Hagan with the Halifax Rainmen last season. RYAN TAPLIN/METRO FILE

The Halifax Rainmen's top playoff performer has found work in New Zealand.

Point guard Chris Hagan, who led the Rainmen with an average of 17.3 points per game in the post-season, signed last week with the Manawatu Jets of New Zealand's National Basketball League.

The five-foot-nine spark plug recorded 15 points and 10 assists in his Jets debut on Saturday.

"He brings leadership, vocal leadership and a fiery attitude," Jets head coach Ryan Weisenberg told the Manawatu Standard.

New Zealand's season concludes at the end of May. The Rainmen have said Hagan is one of their top priorities to re-sign for the 2012-13 season. They can select five players to protect from last season's roster by the end of the month.

In other off-season Rainmen news, Josep (Pep) Claros, the team's head coach last season, won a FIBA Americas League championship last week as head coach of the Pioneros de Quintana Roo. The Rainmen have said they'd like to retain Claros, but it's not clear yet what his plans are.

MATTHEW WUEST/METRO

NHL

GM Gillis keeps job with Canucks

Mike Gillis will continue to call the shots for the Vancouver Canucks.

The club agreed to a contract extension on Monday with Gillis, who has served as the team's president and general manager for four seasons. **THE CANADIAN PRESS**

CFL

Quinlan getting CFL invite, says source

Kyle Quinlan will be going to CFL training camp.

A source requesting anonymity said Monday that the QB who led McMaster to the 2011 Vanier Cup title has agreed to terms with a CFL team. It wasn't clear which team Quinlan was heading to



Kyle Quinlan THE CANADIAN PRESS FILE

but the source added Quinlan will go to training camp with an opportunity to compete at quarterback.

THE CANADIAN PRESS

MLB

Giants' Mota gets 100-game ban

San Francisco Giants reliever Guillermo Mota was suspended for 100 games on Monday for a positive drug test. The commissioner's office said the right-hander tested positive for Clenbuterol.

THE ASSOCIATED PRESS

NBA

Spurs put the boots to Jazz

Manu Ginobili broke out of his shooting slump with 17 points to lead the San Antonio Spurs to an 87-81 victory over the Utah Jazz on Monday night and a sweep of their first-round Western Conference series.

THE ASSOCIATED PRESS

NBA

"I feel surprisingly great"

Ray Allen, Boston's 36-year-old shooting guard. Allen, along with Celtics teammates Paul Pierce, 34, and Kevin Garnett, 36, all appear to have some life in their old bones. The Big Three (plus Rajon Rondo) have led the Celtics to a 3-1 lead over the Hawks. Game 5 is Tuesday night in Atlanta.



Rangers' score two late power-play goals to stun Capitals

NHL. New York ties it in final seconds before winning Game 5 in OT

Marc Staal scored a power-play goal 1:35 into overtime after Brad Richards tied it in the dying seconds of regulation to lift the New York Rangers to a stunning 3-2 victory over the Washington Capitals in Game 5 of the Eastern Conference semifinals Monday night.

With Henrik Lundqvist pulled for an extra attacker, Washington's Joel Ward took a four-minute penalty for high-sticking Carl Hagelin with 21.3 seconds left in the third period. Richards tied it on the first half of the power play with just 7.6 seconds to go, and Staal won it with a drive that appeared to deflect off a Washington player before beating Braden Holtby.

The Rangers can advance to the Eastern Conference finals on Wednesday in Washington.

With the crowd still buzzing over the shocking tying goal, a din that held up through the long intermission, John Mitchell won a faceoff in the Capitals' end to start the winning play. Staal corralled the puck at the right point, glided to the centre of the zone, and fired the drive that set off a wild celebration at

Game 5	
3	2
Rangers	Capitals

Madison Square Garden.

The Rangers mobbed each other at centre ice as the crushed Capitals trudged toward the tunnel to their dressing room and then raised their sticks to the crowd as red, white and blue streamers cascaded down from the rooftop.

The celebration, which culminated in fireworks as the three stars were announced to the crowd, seemed almost inevitable after Richards tied it.

After no success with traditional 5-on-4 power plays, the Rangers made the most of their 6-on-4 edge as Lundqvist watched from the bench.

Michael Del Zotto took a shot that hit traffic in front to the right of Holtby. Ryan Callahan took two or three hard whacks at the loose puck, but couldn't get it forward. Richards jammed his stick into the maze of legs and poked the puck past Holtby just before he was able to cover it with his glove. **THE ASSOCIATED PRESS**



The Rangers' Brad Richards, left, celebrates after scoring a goal to tie up the game late in the third period Monday in New York. **BRUCE BENNETT/GETTY IMAGES**

Nugent-Hopkins has some fun against France



Canada's Marc Methot, left, and France's Yorick Treille in action Monday in Helsinki, Finland. **LEHTIKUVA, ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS**

Patrick Sharp knew exactly what he was getting when Ryan Nugent-Hopkins was placed on a line with him and Jamie Benn at the IIHF World Hockey Championship.

"He had a lot of success against the Blackhawks this year. I'm familiar with the type of player he is," Sharp said of Nugent-Hopkins. "He's a great skater, he handles the puck well and he can finish when he gets an opportunity as well."

It showed on Monday as the newly formed unit piled up the points during a 7-2 victory by Canada over France.

Nugent-Hopkins opened the

scoring less than two minutes into the game and went on to add another goal and an assist while Sharp finished with a goal and four assists and Benn had two goals and an assist.

"It was a fun game," said Nugent-Hopkins.

The No. 1 overall pick from last year's NHL draft was the first to admit he struggled in Canada's first two games of the tournament. Against France, Sharp took a number of face-offs in his place — he and Nugent-Hopkins rotated between centre and wing — and the trio was dangerous virtually every time it was on the ice.

"It's a transition coming overseas," said Nugent-Hopkins. "I didn't want to get down on myself because it's a long tournament."

Canada got what it wanted from a game against one of the weaker teams at the event. Coach Brent Sutter thought the team's overall defensive play was much better than Saturday's 5-4 OT loss to the United States and his line juggling yielded some immediate results. All and all, it was a step forward.

"There's still room for improvement," said Sutter.

THE CANADIAN PRESS

Getzlaf in the papers

Canadian captain Ryan Getzlaf was flabbergasted at being linked to an incident at a Helsinki bar by Finnish media outlets.

- The reports said Getzlaf, Corey Perry and a couple of other teammates were in an argument at a nightclub Saturday night.
- Getzlaf said the reports contained inaccuracies.
- "Somebody tried to start an argument at the door. I said, 'No! No! No!'" Getzlaf said. "It wasn't much more than that."

HELP WANTED

Business Opportunities

SWING INTO SPRING WITH A

JAN-PRO FRANCHISE!

- Reasonable investment starting at \$2500
 - Starter kit with chemicals & tools \$995
 - We train
 - We provide cleaning accounts
 - **START YOUR OWN BUSINESS!!**
- www.jan-pro.ca 902-481-2100
bob.silverstein@jan-pro.com



General Help

WANTED:

MATURE SUPERINTENDENT COUPLE

Must have experience and be capable of covering all aspects related to managing and maintaining 100 plus units. We offer competitive salary. Information submitted will be handled with discretion. Please submit resume by fax: 902 832 3103.

Skilled and Technical Help

International Teaching Opportunities

A leading education group in Doha Qatar is urgently looking for qualified educators to fill various teaching and non teaching vacancies starting 2012-13 academic year. For more details please log in to at: www.internationalteachersplus.com



MERCHANDISE

Consumables

LIVE LARGE - EAT WELL

Grow your own garden!
Garden Plots
For Rent
864-6656

PERSONALS

Business Personals

DOUBLE YOUR FUN

Beat Your Friends, Stop Smoking 1ST
Quit with Soft Laser Therapy
20yrs exp Call Doug 452-3138

HOUSEHOLD SERVICES

General Services

Cleaning Services



PERK UP YOUR WORK PLACE WITH A JAN-PRO SPRING CLEANING!!!
Clean all windows, strip & wax floors.

SIGNATURE CLEAN!!

902-481-2100



Landscapers/Gardening

Green Roots Landscaping
Lawn Care Starting at \$30
1st cut FREE with seasonal contract
Contact us at 220-6480 or Scott@rdhfx.com

General Services

PATCHWORKS ASPHALT SERVICES

PAVE YOUR DRIVEWAY & SAVE!!

- We Build New Driveways
- We Repair Cracks & Pot Holes
- We Recoat Driveways
- We Build Gravel Driveways
- We Spray Seal Driveways
- All Work Guaranteed

FREE ESTIMATES 471-7277

SERVING ALL OF HRM • www.PatchworksPaving.ca 4919640

Movers

THE Local Boys MOVING 293-7614

FREE Boxes
FREE Estimates
Apartment Moves \$89.95 per hr.
No Hidden FEES
Local Deliveries Available
thelocalboysmoving.ca

MoveRite 17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Local & Long Distance
FLAT RATES AVAILABLE
440-6817
moverite11@gmail.com

Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

Trades

Trades

Trades



WANTED

AREA STIMULATION PROGRAM: 7 homes in Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantial savings in return for helping us create market awareness for the purpose of neighborhood product visibility. Interlock Roofing Systems are of interest to homeowners across North America who want a durable and beautiful roofing solution. Interlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the next 7 homeowners that qualify. Orders will be discounted on a first come first served basis. Interlock Roofing Systems are environmentally safe, come in many styles and colors, and are backed by a **Lifetime Limited Warranty**, 50 Year Transferable Non-ProRated. Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homeowners across North America will never re-roof again with Interlock Roofing System. 100% Financing Available. Please call immediately if you are thinking of re-roofing, as this is a limited time offer.

1-877-446-4407 or 902-864-0700

MaritimeMetalRoofing.com

WRIGHTWAY PAVING

BOOK NOW!!!!

SAVE 50% OFF DRIVEWAYS AND PARKING LOTS

PAVING SPECIAL!

GUARANTEED
5 YEARS

902-877-0940

FREE
ESTIMATES

Celebrating 30 years

ADANAC CONSTRUCTION
Free Estimates! Carpentry,
Siding, Windows, Doors,
Decks and Floors. We build
Sheds, Garages etc...
FULLY INSURED
Call Stephen at 469-0536

Lafitte's Roofing
For Top Quality Roofs ANYONE Can Afford

- Repair
- Re-Shingle
- Re-Sheet

10-Year Warranty

• Soffit
• Fascia
• & More

We Beat ANY Quote
(902)209-1701 or (902)821-2390

NOISY BATHROOM FAN?
thefanwhisperer.com
NEW FAN installed \$99 or less
902-830-9493

FINISH CARPENTER
SPECIALIZING in bathrooms,
exterior windows & doors and all
renovations
30 YEARS EXPERIENCE
Lyndel Munro 902-252-5238
<http://users.eastlink.ca/~lyndelmunro/>



Read
metro work
every Monday
and Wednesday
for tips and trends
in education
and employment.

Only in Metro.
News worth sharing.

SELL YOUR STUFF FOR FREE!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"

Brought to
you by:

**MEGA FLEA MARKET
LOWER SACKVILLE**

NOW AVAILABLE! OUTDOOR SPACES! BOOK TODAY!

\$1 Admission!
Sundays 9-2 pm
495-0206

32 Glendale Ave, Lower Sackville, NS

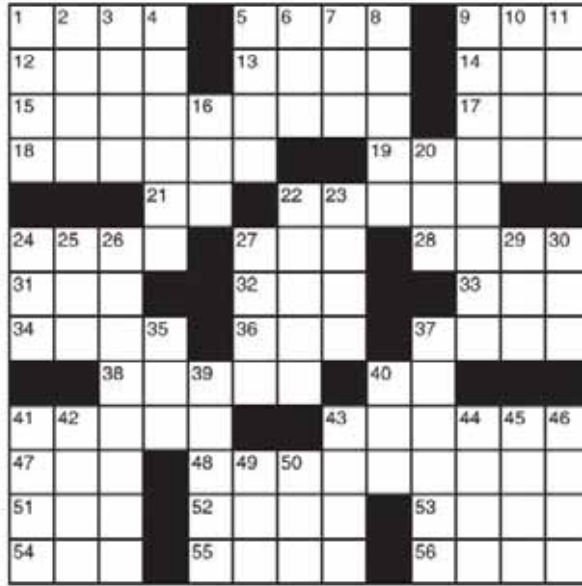
1 All Season Good Year Tire Brand New. 20565R15 \$30.00 902-864-4315	5 area rugs, all sizes, priced to move Small \$10, Large 10 by 12 \$15 (902)827-2560	Book case for sale Birch hardwood, light color, adjustable shelves, excellent condi- tion, made for books, records, etc. \$20 Call (902)477-3414 After 3pm	Lift Chair Excellent Condition Paid over \$1000 asking \$350 OBO Call 902-864-1134 or 902-237-2292	POLE SANDER \$50.00 6" JOINT PLANER works well 902-453-0776	Size 10 Allure Wedding Dress asking \$400 obo 902-404-6058
1 PERSON BLOW UP KAYAK brand new, life jacket, pump, and paddle incl \$100 cash FIRM 902-444-1394	Acrylic Paintings Queen Mary, Tall Ship Picton etc Call for viewings 902-453-6737	BRAHMA GIRLS HORSEBACK RIDING BOOTS Size 51/2 Girls \$25.00 902-477-4023	Manual Treadmill like new \$30 (902)406-5041	Portable Dish Washer White with oak top \$275.00 (902)463-3491	VIDEO CAMERA \$350.00 Call for info 902-443-6018
2 ANTIQUE CHAIRS 1 Rocking Chair...1 Straight back Gold and black in color. \$100 each 902-469-9848	Basset Drop Leaf Table & 2 Chairs In good Shape \$175 832-6123	Diningroom table with extra leaf & 4 chairs Light oak; Excellent condition \$275 (902)463-3491	PARROT TEE STAND AND ACCESSORIES Excellent condition 902-454-3909	Pre cast cement step 4 x 6 \$200 OBO 902-479-1864	Wanted Flea Market Items (902)292-8228
3 wicker bar stools In good shape \$75 for the lot (902)444-0410	Bell & Howell older movie camera \$10.00 902-469-9848	Duncan Phyfe Diningroom Set (Antique) Table and 4 chairs, Buffet and Hutch. \$900 or best offer (902)444-0410	Pathway Easy Access Wheel Chair Ramp 7 ft long, holds up to 600 lbs, Aluminum \$250.00 902-864-4315	Shore Lan'der Utility Trailer 8 x 14, less than 6,000 KMS, will hold 3 four wheelers or 3000 lbs. Have reg. papers. Call after 5pm 902-790-2102	Work table - 4' wide by 2' deep Plywood top & Folding legs Comes with chair \$30 (902)407-9735

Crossword

Across

- 1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star

- 55 Existed
56 "CSI" actor George
Down
1 Cribbage props
2 Nashville entertain-
ment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the
Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor
Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity



- 43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need

- 46 Tackles' teammates
49 Keatsian opus
50 Postal creed word

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCUIJXY VK.
QXGKSQ PI RGX YSUVPYI.
FPW JPWDY NUF RGUR GX
CDUFXY SI DSXW PB DPW.
Yesterday's Cryptoquip: WHAT SONG MIGHT
SOMEBODY SING WHILE REMODELING
APARTMENT WALLS? "GOODBYE, OLD PAINT."
Today's Cryptoquip Clue: R equals T

Horoscope

- ♈ **Aries** | March 21 - April 20.
Aim to make money and move up in the world.
♉ **Taurus** | April 21 - May 21.
At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.
♊ **Gemini** | May 22 - June 20.
You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.
♋ **Cancer** | June 21 - July 22.
You know what you want but try not to be too pushy or impatient

- because that could cause resentment among those who don't share your hunger to succeed.
♌ **Leo** | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.
♍ **Virgo** | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.
♎ **Libra** | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.
♏ **Scorpio** | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to

- mind their own business.
♐ **Sagittarius** | Nov. 22 - Dec. 21. You need to shake things up a bit.
♑ **Capricorn** | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.
♒ **Aquarius** | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.
♓ **Pisces** | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.

SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 16°/5° Partly cloudy
Wednesday 11°/9° Showers 80%
Your #1 weather forecast now available in HD. Check your local listings for details. ©The Weather Network 2012



Caption Contest

"Peek-a-bear"
Debbie

COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED A CAR LOAN?
24/7 FULLY AUTOMATED • IMMEDIATE ANSWER

CALL DAY OR NIGHT

982-3988

Toll free: 1 888-229-7161
www.SteeleClearance.ca



Search over
50,000 used cars,
fast and free.

autocatch.com

FLIGHT CENTRE® Unbeatable

Orlando Family Special, Air + 7 Nights

\$439°
from + taxes & fees \$133

INCLUDES central accom with free transportation to major attractions. Price per person based on family of 4.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Air only prices are per person for return travel unless otherwise stated. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. °Price is per person for quad occupancy (2 adults & 2 kids ages 2-17).

HURRY IN!
SALE ENDS
MAY 31ST



0% FINANCING ON 2012's** ON SELECT MODELS

PAY FOR 90 DAYS*

CAR OF THE YEAR
\$100 TEST DRIVE BONUS

TEST DRIVE THE OPTIMA AND RECEIVE A \$100 GAS CARD IF YOU BUY THE COMPETITION*

2012 OPTIMA "CAR OF THE YEAR"

MOTORS
2012



HWY: 5.7L/100KM
CITY: 8.7L/100KM

Optima SX
Turbo shown

OWN IT FROM **\$168** AT **0% APR**** FOR UP TO **60** MONTHS

bi-weekly for 60 months. \$1,750 down payment. Offer based on Optima LX MT.

DARE TO COMPARE	2012 KIA OPTIMA LX A/T	2012 Honda Accord SE A/T	2012 Toyota Camry LE A/T
Horsepower (hp)	200	177	178
Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed
Fog Lights	✓	✗	✗
Power Driver Seat	✓	✓	✗
Heated Seats	✓	✗	✗

2012 SORENTO

7 PASSENGER SEATING AVAILABLE
TOP SAFETY PICK 2012
SAFETY COUNCIL OF CANADA



HWY: 6.2L/100KM
CITY: 9.5L/100KM

Sorento
SX shown

OWN IT FROM **\$276** AT **1.49% APR**

bi-weekly for 60 months, amortized over 84 months. \$6,529 remaining balance. Includes up to \$1,000 in loan savings* and \$2,799 down payment. Offer based on Sorento LX MT.

DARE TO COMPARE	2012 KIA SORENTO LX AT FWD (4-CYL)	2012 Honda CR-V FWD LX 2WD (4-CYL)	2012 Ford Escape 2.5L XLT FWD (4-CYL)
Horsepower (hp)	191	185	171
Torque (lb.-ft.)	181	163	171
Towing Capacity (lbs)	1,650	1,499	1,499
Overall Interior Volume (L) [†]	2,987	2,949	2,818
17" Alloy Wheels	✓	✗	✗

THE ALL-NEW FUEL-EFFICIENT RIO 5-DOOR "BEST SMALL CAR"

(under \$21,000)

MOTORS
2012



HWY: 4.9L/100KM
CITY: 6.6L/100KM

Rio5 SX shown

OWN IT FROM **\$85** AT **1.9% APR**

bi-weekly for 60 months, amortized over 84 months. \$4,358 remaining balance. Includes up to \$500 in loan savings* and \$1,875 down payment. Offer based on Rio5 LX AT.

DARE TO COMPARE	2012 KIA RIO SDR LX M/T	2012 Toyota Yaris LE M/T	2012 Ford Fiesta S M/T
Horsepower (hp)	138	106	120
Torque (lb.-ft.)	123	103	112
Fuel Economy - HWY	4.9L/100km	5.2L/100km	5.1L/100km
Power Windows	✓	✗	✗
Steering Wheel Audio Controls	✓	✗	✗
Heated Sideview Mirrors	✓	✓	✗



WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty



KIA MEMBER REWARDS
Earn points towards future discounts. It's **FREE** and it's incredibly rewarding.

Visit kia.ca to learn more.



Like us on [facebook.com/kiacanada](https://www.facebook.com/kiacanada)



Atlantic Kia dealers for Atlantic drivers.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by May 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Offer based on Sorento LX MT. *0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Optima LX MT (DRP) with an MSRP of \$23,629 (includes delivery and destination fees of \$1,650, other fees and certain taxes including the sales tax and A/C tax (\$100, where applicable)) financed at 0% APR for 60 months. Bi-weekly payments equal \$168 with a down payment equivalent of \$1,750. License, insurance, applicable taxes, variable dealer administration fees (up to \$599), PPSA and registration fees are extra. Cost of borrowing of \$0, for a total obligation of \$23,629. Retailer may sell for full details. **Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (OAC) (2012/2013 Sorento/Sorento/Seoul/Seoul) No interest will accrue during the first 90 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *48-weekly finance payment for 2012 Sorento LX MT (DRP) based on a selling price of \$25,824/\$16,229 is \$276/\$85 with an APR of 1.49%/1.9% for 60 months, amortized over 84-month period. Estimated remaining principal balance of \$6,529/\$4,358 plus applicable taxes due at end of 60-month period. Offer includes a loan savings of \$1,000/\$500 and down payment of \$2,799/\$1,875. Delivery and destination fees (\$1,650/\$1,455), PPSA, 979, other taxes, registration, insurance, licensing, and dealer fees are excluded. See dealer for full details. *Loan savings for 2012 Sorento LX MT (DRP) and 2012 Rio5 LX AT (R0752C) is \$1,000/\$500 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. *Compare against maximum cargo capacity when 2nd row seats are folded. 2012 Kia Sorento LX AT vs 2012 Honda CR-V FWD LX 2WD (4-CYL). 2012 Kia Sorento awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. *Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.